

Step one: The Liquid Base

First you will need a liquid base. Some options include skim milk, unsweetened almond milk, light soymilk, or coconut milk. Be aware that many milk alternatives have added sugar. Aim for liquids that offer no more than 12g of sugar per 8oz. Looking for an added benefit? Try yogurt! This will add both protein and intestinal healing bacteria. We do not recommend using fruit juice as the base for your smoothie given the amount of sugar condensed into an 8oz serving.

| Liquid Base | Calories per 8oz | Grams of Sugar per 8oz | Grams of Protein |
|-----------------------------------|-------------------------|-------------------------------|-------------------------|
| <i>Skim Milk</i> | 90 | 12g | 8g |
| <i>Unsweetened Almond Milk</i> | 30-60 | 0g | 1g |
| <i>Chocolate Almond Milk</i> | 120 | 20g | 1-2g |
| <i>Light Silk Soy Milk</i> | 90 | 16g | 6-8g |
| <i>Fage Total 0% Greek Yogurt</i> | 100 | 7g | 18-22g |
| <i>Frozen Yogurt</i> | 100 per ½ cup | 11-19g per ½ cup | 4g per ½ cup |

Step two: Add Protein

Research shows that having 20-35g of protein per meal helps you to maintain muscle mass and reduce hunger. Some liquid bases contain protein as an added benefit. However, if you choose one that doesn't have quite enough, adding protein can be beneficial.

| Protein Source and Servings | Calories per Serving | Grams of Protein per Serving |
|------------------------------------|-----------------------------|-------------------------------------|
| <i>1 scoop whey protein</i> | 90-120 | 20-27g |
| <i>8oz 0% Fat Greek Yogurt</i> | 100-120 | 18-22g |
| <i>1 cup silken tofu</i> | 150 | 16g |

Step three: Add Fruit (and veggies)

Fruit serves as your antioxidant boost and your sweetener. The good news about blending a smoothie, as opposed to juicing, is that you keep all of the fiber! Frozen fruit helps to make thick and frosty smoothies. Frozen bananas specifically contain pectin, a sort of fiber that makes smoothies extra creamy. If using fresh fruit- add a couple of ice cubes.

You can choose to add veggies, which will boost nutrition composition. Spinach and cucumber are the easiest flavors to mask and pack a powerful blood pressure reducing punch!

Step four: Include Healthy Fats

Incorporating healthy fats keeps your hunger at bay and increases the satisfaction factor. Use 1-2 tablespoons (golfball size) of ingredients that contains heart healthy fats. Notice some fats listed also include protein; however using the fats alone as a protein source would not be sufficient to meet your protein needs!

| Fat Sources and Serving | Calories per Servings | Grams of Fat per Servings | Type of Fat | Grams of Protein | Fiber? |
|-------------------------------------|------------------------------|----------------------------------|--|-------------------------|---------------|
| <i>2 tbsp Peanut butter</i> \$ | 190 | 16g | 3.4g Saturated 4.5g Polyunsaturated 7.7g Monounsaturated | 8g | 2g |
| <i>2 tbsp Almond Butter</i> \$\$ | 204 | 18g | 1.6g Saturated 4.0g Polyunsaturated 12.2g Monounsaturated | 7g | 3g |
| <i>2 tbsp Flax Seed</i> \$ | 110 | 9g | High in Polyunsaturated: 2300mg omega-3s 600mg omega-6 | 4g | 6g |
| <i>2 tbsp Chia Seeds</i> \$\$ | 120 | 8g | High in Polyunsaturated: 2400mg omega-3s 800mg omega-6 | 5g | 10g |
| <i>2 tbsp Hemp Seed</i> \$\$\$ | 114 | 9.2g | High in Polyunsaturated: 1000mg omega-3s 2500mg omega-6 | 7g | .6g |

To create an amazing real food smoothie, it's crucial to combine leafy greens, fruit, a liquid base, and superfoods to enhance the smoothies with high-quality amino acids, important vitamins and minerals, and antioxidants. The basic formula ingredients you will need to design your own unique real food smoothies are listed in the table below!

| Basic Formula Ingredients: | Liquid | Protein Rich | Greens | Berries | Omega 3's & Fiber | Flavoring Agents |
|----------------------------|-------------------|---|--------------------|------------------|-------------------|-----------------------|
| | Milk | Pasteurized egg whites | Spinach | Or other fruit | Ground flaxseed | Cinnamon |
| | Water | Greek yogurt | Kale | ONLY whole fruit | Chia seeds | Cardamom |
| | Coconut Milk | Protein powder (whey, soy, pea, collagen/gelatin, hemp, rice) | Green powder mix | | Hemp seeds | Nutmeg Maca |
| | Almond Milk | | Frozen Cauliflower | | Pumpkin seeds | Vanilla |
| | Other Alternative | | | | Walnuts | Stevia (sweeter) |
| | | | | | | Ice (colder, texture) |



175-195 Calorie Smoothie Recipe Options

| Smoothie Ingredients | Special Instructions |
|--|--|
| Green Vanilla Cherry <ul style="list-style-type: none"> • 1 cup unsweetened almond milk • ½ cup frozen cherries • 2 cup raw, fresh spinach/kale • 1 tsp. vanilla extract • ½ cup of ice • 1 scoop protein powder* • 1 packet/4 drops liquid Stevia | <p>Almond Breeze Almond milk is unsweetened and the lowest calorie option</p> <p>Determine the amount of ice based on the thickness you like</p> <p>Try the smoothie before adding Stevia. If you are good with the flavor, no need to add the packet.</p> |
| Orange Mango <ul style="list-style-type: none"> • 1 cup unsweetened almond milk • ½ fresh navel orange • ½ cup frozen mango chunks • 1 tsp. cinnamon (spice) • ½ tsp. turmeric (spice) • 1 scoop protein powder* | <p>Choose fruit that is unsweetened</p> |
| Red Velvet Smoothie <ul style="list-style-type: none"> • ¼ cup 0% fat Greek yogurt, plain • 1 cup unsweetened almond milk • 1 scoop protein powder* • 1/3 cup pureed beets • 2 tbsp. cocoa powder • 1 packet/4 drops liquid Stevia | <p>Try the smoothie <u>before</u> adding Stevia. If you are good with the flavor, no need to add the packet.</p> <p>Either use fresh/cooked beets or canned. If using the canned make sure to rinse the beets before pureeing.</p> |

Shopping List

Fresh oranges, navel
 Fresh spinach OR kale
 Frozen cherries
 Frozen mango chunks
 Unsweetened almond milk
 0% fat Greek yogurt
 Vanilla extract
 Stevia (liquid or crystalized)
 Cinnamon (spice)
 Turmeric (spice)
 Beets (fresh or canned)
 Cocoa powder
 Protein powder*

Example 200 calorie options:

| Smoothie Ingredients | Special Instructions |
|--|---|
| Tropical <ul style="list-style-type: none"> • ¼ large pink grapefruit, peeled, seeded & cut into chunks • ¼ cup crushed pineapple, canned or fresh • ¼ cup fresh or frozen strawberries (if fresh, add ¼ cup ice for extra froth) • ½ scoop of protein* powder • ¼ cup 0% fat Greek yogurt | <p>Add 1 handful of fresh greens (spinach/kale) or TBSP of powder greens</p> <p>Add enough water for desired consistency (start with ½ cup)</p> <p>Add fresh mint or parsley for pizzazz or antioxidant boost</p> |
| Berry Spice <ul style="list-style-type: none"> • ¼ cup of non-fat Greek yogurt • ½ cup of unsweetened milk of choice • ½ cup fresh or frozen berries of your choice • 1 scoop protein powder (plain or vanilla flavored) • 2 TBSP chia seeds • 1tsp cinnamon • 1tsp vanilla | <p>Add Stevia to sweeten (if needed)</p> |

Shopping List

Large pink grapefruit
 Crushed pineapple
 Strawberries
 Ice
 Greek Yogurt 0% fat
 Unsweetened milk
 Berries
 Chia seeds
 Cinnamon
 Vanilla
 Protein powder*
 Stevia (optional)

210-240 Calorie Smoothie Recipe Options

| Smoothie Ingredients | Special Instructions |
|--|---|
| Berry Kale Dream | |
| <ul style="list-style-type: none"> • ¼ cup 0% fat Greek Yogurt, plain • ½ medium banana • ¼ cup frozen blueberries • 1 cup raw, fresh, spinach/kale • ¼ cup unsweetened almond milk • Stevia | <p>Choose banana's that are 7-8 inches long</p> <p>Almond breeze Almond Milk is unsweetened and lowest calorie option</p> |
| Tropical Trio | |
| <ul style="list-style-type: none"> • ½ medium banana • ¼ cup frozen peaches • ½ cup frozen mango chunks • 1 scoop protein powder* • ½ cup 0% fat Greek yogurt, plain | <p>Choose banana's that are 7-8 inches long</p> <p>Choose fruit that is unsweetened</p> |
| Peanut Butter Chocolate Delite | |
| <ul style="list-style-type: none"> • 2 Tbsp. PB2 • ½ cup chocolate almond milk • 1 scoop protein powder* • ½ medium banana • ½ cup fresh spinach/kale • 5-6 ice cubes | <p>Choose banana's that are 7-8 inches long</p> |

Shopping List

Fresh bananas
 Fresh spinach OR kale
 Frozen blueberries
 Frozen mango chunks
 Frozen peaches, unsweetened
 Unsweetened almond milk
 Chocolate almond milk
 0% fat Greek yogurt
 Pb2
 Stevia (liquid or crystalized)
 Protein powder*